

# Kinesio Taping Frequently asked questions

Is kinesio taping just for athletes?

No. kinesio taping can help anyone with muscular pain

Does kinesio tape cause skin reactions.

No cases have been reported but I would not advise its use with skin conditions such as Eczema etc.

How long can you wear the tape?

The tape can be worn for up to 4 or 5 days. You can also bathe with tape on. The tape should be dried using a hair dryer.

How is the tape applied?

Without getting too technical, the tape is applied over the affected area with the muscles in a stretched position. Then the tape is applied from one end of the muscle to the other with very little to no stretch on the tape itself.

The tape is applied from the ORIGIN to INSERTION of the muscle for SUPPORT and from INSERTION to ORIGIN for REHABILITATION.

## What are some suggestions for optimum taping results?

Skin should be free of oil, sweat, or lotion prior to application.

After application, rub down tape to activate heat-sensitive glue.

Avoid extreme stretching of the tape during application to avoid skin irritation.

Apply approximately 1 hour prior to activity or shower to allow glue to adhere properly.

Skin irritation is extremely rare, but care should be taken with hypersensitive skin patients.

## Do I need to shave before applying the tape?

In most cases it is not necessary to shave the skin before applying Kinesio Tape. In fact in many instances some short hair actually can help with the adhesion as well as effectiveness of the product. If needed, we recommend trimming the hair to about 1/8" rather than shaving it.

## How do I remove the tape?

Pull the tape off in the same direction as the hair; applying baby oil will help dissolve the adhesive for easy removal.

## Can I wear kinesio tape under compression socks?

Yes.

## Can I wear kinesio tape under a brace?

Yes.